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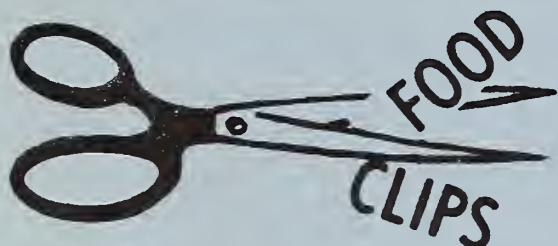
Food and Home Notes

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Family — On Creating Toys

Need chopped nuts? Use a long straight knife with a good cutting edge or a nut chopper... and do it on a good, solid board.

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Compared to many cuts and types of meat, chicken and turkey are low-cost sources of protein, according to USDA home economists.

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A whole ready-to-cook turkey usually provides more meat for the money than a boned, rolled turkey roast.

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Medium and small eggs are often good buys in the late summer and fall.

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Most varieties of fresh fish and shellfish are more abundant and generally cost less per pound during certain seasons of the year

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THE BIG YELLOW FRUIT —WITH PUCKER POWER

The grapefruit crops are more important these days — consumers rate chilled grapefruit juice as number 2 — but it's moving up. Frozen concentrated juice is also gaining in popularity...and canned juice is right in there too, in consumer preference lists. U.S. grapefruit production is up 43% over the past two decades — a jump worth noticing!

The total farm value of the grapefruit crop is still small compared to other leading fruits such as oranges, apples, and grapes, however. Florida still dominates two-thirds of the grapefruit producing acreage and supplies about 75% of the total crop, but Texas is No.2 and California and Arizona are trailing.

Nearly 60 percent of the grapefruit sold is currently processed into frozen, chilled, and canned juice, and chilled sections and salad — about 10% more than in the late 1950's. But — chilled grapefruit juice is the most popular item.

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CREATIVE TOY-MAKING

....WITH DR. CYNTHIA BISHOP
NORTH CAROLINA STATE



CREATING TOYS

—— FOR THE CHILDREN

Toymaking is a year-round project — not only at the North Pole but for many young homemakers in North Carolina, according to Dr. Cynthia Bishop, Human Development Specialist, who says that with the "tight economy making toys can help stretch the dollar".

A toy-making project encourages creativity and skills so that home-makers can use their imagination and contribute substantially to the growth of their children, says Dr. Bishop. In these times, in addition to the economic side of the project, the selection of toys — with emphasis on the right toy for the right child — is of great significance.

Work sessions for homemakers interested in making toys are being held in various parts of North Carolina, according to Ms. B.B. Davis, home economics Extension Agent, who says the physical, emotional, mental and social growth and development of the child can be considered part of the educational aspect of the project.

An unusual "Lunch and Learn" concept of learning was organized in a large office complex where plans were made for more than 300 men and women to meet with Dr. Bishop to develop toy-making projects. The instruction included how to make good toys with inexpensive scraps. Emphasis has been directed towards age groups for certain toys and toys to encourage and stimulate manipulative, constructive and creative play.

Often making toys or games for someone younger is a challenge for young people. They can remember their own childhood interests — and how they relate to the person for whom they're designing the toy.



CREATING TOYS FOR CHILDREN (CON'T)

Puppets, stick-horses, rhythm band instructions and beginner books are among the toys displayed from the work sessions.

What kind of toys are easy to make? Start with a collage box as a beginner project — just toss in bits of macaroni, odd napkins, discarded greeting cards, wrapping paper, buttons, clothes pins, and other items ordinarily thrown away, she noted. Milk cartons and cans make good building blocks if you can cover them with interesting paper or assorted covering materials. Paperbag masks and space helmets may be made from three-gallon round ice cream cartons, painted silver. Picture books may be enhanced with felt designs sewn on for younger children to see and feel. Other ideas are available through the USDA's extension office in your community.

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